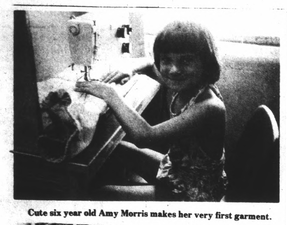

Cute six year old Amy Morris makes her very first garment.

Susan Morris proves that fall fashion is in the making, as she cuts out her jumper with assistance from Vickie Glover.

Jan Armentrout patiently completes the final steps on her skirt with help from Laurie McLean.

Getting it all together is Angie Murray, a tweive year old 4-H'er, as she carefully stitches up her sundress.

Fall Fashions In The Making

Fall fashions were definitely in the making at Pamplin Elementary School on Friday. Ten anxious 4-H'ers led by Adult Project Leaders and Appomattox County Extension Agents, began participating in a summer sewing workshop.

The sewing workshop will be held each Friday from 9 a.m. until 3 p.m. through the months of July and August.

Many of the fashionable garments, being constructed by the 4-H'ers will be seen in the County Dress Revue and the Five County Fair. Watch the local newspaper for dates and times for these events.

If you wish to "Fall into Fashions" come join us at Pamplin Elementary School. We'll be glad to have you.

See you next week!
Your Roving Clothing Reporter
Laurie McLean

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Ben Franklin Store Opens In Plaza

A new **BEN FRANKLIN** store will open in the Triangle Plaza Shopping Center Friday, July 22, 1977 at 9 a.m. when they are scheduled to have their Grand Opening.

The store is locally owned by Peter Nealley, Al Pert and H. Horne and will be managed by Peter Nealley. They invite the citizens of the county to come by and see them Friday at the Grand Opening...free gifts and many opening bargains.

Mr. Nealley, his wife Gerrie, and their three children, Peter, Jr. who is 15; Janet who is 14; and Jill who is 9 years of age, have already moved to Appomattox County and say they are looking forward to meeting the people in this area. We welcome this family to our community.

THE VIRGINIA FARM AND HOME ELECTRIFICATION COUNCIL [VFHEC] is bringing its residential energy-conservation story directly to the public with the **HOME ENERGY MANAGEMENT MOBILE DISPLAY**. The van demonstrates energy saving ideas and devices for use in the home. Through the cooperation of Southside Electric Cooperative, the van is scheduled to be at E. W. Harvey Appliance Store in Appomattox on August 12th from 10 a.m. until 2 p.m.

THE HOME ENERGY MANAGEMENT MOBILE DISPLAY has been made available by the VFHEC in order to extend the Council's home energy saving ideas to all citizens. The van is housed at Virginia Polytechnic Institute and State University, Blacksburg and will tour the state under the sponsorship of educational organizations and electric power suppliers.

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past quarter. The sale of 200,000 shares of its common stock provided additonal equity capital for short-term needs. Also, the company has successfully generated numerous new account relationships for varied services through a systemwide employee incentive program.

Fidelity American is a Virginia Multi-Bank Holding Company with assets of $906 million having fifteen statewide bank affiliates with 81 offices as well as eight bank-related affiliates.

questions and answers

Q. I'm going into the hospital next month for surgery. How much of the bill will my Medicare hospital insurance pay?

A. It will pay for all covered expenses during the first 60 days of each benefit period except for the first $124. You are responsible for that. Should you be confined for a longer period, your hospital insurance would pay for all covered expenses for the next 30 days except: for $31 a day.

Q. My wife recently entered a psychiatric hospital for an indefinite stay. Will her Medicare help pay the bill?

A. Medicare hospital insurance can help pay for 190 days during her lifetime for care in a psychiatric hospital participating in Medicare.

Q. I became eligible for both parts of Medicare in November and have been to several doctors since. Do I have to meet the $60 annual deductible for both 1976 and 1977?

A. Under the Medicare medical insurance "carryover" rule, expenses you had in the last 3 months of 1976 that counted toward the $60 deductible for that year also can count toward the deductible for 1977.

GAS GRILL WINNER ANNOUNCED

The lucky winner of the Gas Grill given away by the Appomattox Junior Woman's Club was Harold Fleshman of Route 1, Appomattox. Members of the club wish him many hours of cooking enjoyment with this lovely grill.

Shown above, left to right, are Debbie Williams and Linda Jo Mays, Co-Chairmen of the Ways and Means Committee for the club, and William Henry, Kings employee who drew the winning ticket.

The Appomattox Junior Woman's Club would like to thank all those who made donations and helped to make this a successful project.

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Elected Commander Of Va. American Legion

J. Ray Edmundson, Jr., of Colonial Heights, Virginia, a retired Air Force veteran of the Korean and Vietnam Wars has been elected Commander of the Virginia American Legion at the 59th Annual Convention of the Department of Virginia held in Richmond, July 15 - 17.

Edmundson, 47, is a graduate of Oak Ridge Military Institute in Tennessee, and attended the University of North Carolina for three years prior to volunteering for service in the Air Force upon the outbreak of the Korean War. Since then he attended the University of Virginia, University of Oklahoma, East Carolina College, the University of Maryland, and Mississippi Southern College.

He is a member of the Presbyterian Church; The ent Free and Accepted Masons of Lodge 114, North Carolina; the Ancient and Accepted Scottish Rite of Free Masonry of the Orient of Iowa; the Sons of the Confederate Veterans; and a Life Member of the Air Force Sergeants' Association.

CONSISTENT EARNINGS INCREASE NOTED FOR FIDELITY AMERICAN

LYNCHBURG - The president of Fidelity American Bankshares, Inc., Alvin R. Clements, noted "a consistent trend of improved earnings as net income increased for the xith consecutive quarter" in revealing the company's unaudited financial performance for the second quarter of 1977.

Income before securities gains and losses climbed 17.8% per share to $1.386 million or $0.53 per share in the second quarter of 1977 from $1.170 million or $0.45 per share for the same quarter of 1976. Net income for the quarter ended June 30, 1977 was $1.430 million or $0.55 per share compared to $1.207 million or $0.47 per share for the second quarter of last year. These increases are primarily due to growth both in retail and commercial loan volumes.

As a result of reduced loan charge-offs, Fidelity American continued to build its valuation reserve during the second quarter of 1977. The valuation reserve rose from $5.5 million or 1.04% of net loans to $6.0 million or 1.08% of net loans.

Clements also noted the completion of two major corporate programs during the

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Blackwall Size	SALE PRICE	Plus F.E.T. per tire. No trade needed
G78-14	$56.00	$2.01
E78-14	$58.00	$2.26
F78-14	$62.00	$2.42
G78-14	$64.00	$2.58
G78-15	$66.00	$2.65

A78-13 or B78-13 blackwall plus $1.73 or $1.80 F.E.T. per tire, depending on size. No Trade Needed.
Additional Sizes Sale Priced
WHITEWALL $3.50 Extra
POPULAR PRICED POLYESTER PAIRS
'Power Streak' 78
2 for $40

Blackwall Size	PAIR PRICE	Plus F.E.T. and old tires
B78-13	$51.00	$1.80
E78-14	$57.00	$2.26
G78-14	$64.00	$2.53
G78-15	$66.00	$2.59

5.60-15 blackwall plus 1.70 F.E.T. per tire and old tires
A78-13 blackwall plus $1.73 F.E.T. per tire and old tires
DOUBLE BELTED 'POLYGLAS' RADIALS
EVERY DAY LOW PRICED... $35

Whitewall Size	PAIR PRICE	Plus F.E.T. and old tire
FR-14	$53.95	$2.54
GR78-14	$55.95	$2.69
GR78-15	$56.95	$2.79
HR78-15	$63.95	$2.96

A78-13 whitewall plus $1.84 F.E.T. and old tire
Additional Sizes Low Priced
Electronic Computer Balancing
Quality Recappers
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Central Virginia REACT Team #3007 was pleased to have Mr. James Former (third from right) to bring the "Coco Cola Deminmachine" down on Saturday July 2, for our week-end safety break. Pictured above left to right are Sandra Martin, Betty Martin, Thelma Goin, James Former, Anne Tucker, and Rita Goin.

React Team Held July 4 Weekend Highway Traffic Safety Break

The Central Virginia React Team in Appomattox County held a 75 hour highway safety break for July 4th weekend starting at 6 p.m. Friday, July 1st and continuing through Monday at 9 p.m. on July 4th at the Dixie Blend Service Station for all travelers to stop and take a break so they could be more alert when they continued their journey.

Over 1300 Coco Colas, 500 cups of coffee and 80 dozen donuts were served during the weekend. The React members meet a lot of nice people who really appreciate the refreshments and conversation. Approximately 1800 people stopped from nineteen different states.

React Team members are grateful to Mr. James Former for bring the "Coca Cola Deminmachine" down and putting it on display for everyone to see on Saturday. They would also like to thank him for all the other donations and nice things he has done for the Central Virginia React. They would also like to thank all the other businesses and individuals for donations and personal support for this project.

Drawing for the homemade quilt to be given away by the React Team was held at 8 p.m. on Monday, July 4th. Deputy Sheriff Dallas Moore drew the winning ticket that was won by Davis Page of Pamplin.

CAMPER OF THE WEEK

Another week of excitement passed by and another camper was chosen to receive a $15.00 Scholarship to return to Holiday Lake 4-H Educational Center next summer.

Jimmy Scott was the lucky young fellow to be chosen as camper of the week for the week of July 11 - 15, 1977. Jimmy also received certificates of recognition in Team Sports and Recreation Leadership.

Jimmy is the son of Mr. and Mrs. Roscoe Scott of Chase City, Va.

Conserve Water In Town of Appomattox

At the present time, there is no immediate water shortage in the Town of Appomattox, so says Town Manager Bill Britton.

However, residents connected to the town water system are being asked to please conserve water as much as possible. With the extremely dry weather conditions a shortage could arise at any time.

Let's be prepared - conserve now!

Storm Causes Problems To Cooperative And Its Consumers

On Tuesday night, July 12th, some 2,562 homes served by Southside Electric Cooperative were without electricity caused by a combination of lightning and trees falling on power lines of SEC and a power source interruption on distribution feeder lines of VEPCO caused by a faulty jumper on the VEPCO distribution system. Areas and/or counties affected included portions of the counties of Prince Edward, Bedford, Nottoway, Amelia, Dinwiddie and Chesterfield. According to Southside's Assistant Manager, Mr. R. V. Southworth, three (3) Southside substations were affected. The Madisonville and Ponton substations power failure were caused by lightning and trees falling on SEC distribution lines while the Gill substation power failure was caused by a faulty jumper on the VEPCO distribution system which resulted in a power source interruption on the distribution feeder lines of VEPCO. According to Mr. Southworth, a thunderstorm which occured on Sunday night, July 10th, resulted in the loss of 44 transformers causing SEC to change more transformers than ever before. "Once a problem is created by a thunderstorm, there is no end to the problems," commented Mr. Southworth. Southside Electric Cooperative has a 24-hour dispatching service which handles phone calls and dispatches work crews in areas affected, as the company does have emergency procedures and plans set up to deal with such emergencies. At least two contract crews, in addition to seven SEC service crews, were involved in efforts to restore electricity to customers on both Sunday and Tuesday nights.

The extent of damage caused by the thunderstorms is still being tabulated at this time.

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Health-wise

By Marylou Blosser, RN

Nonsmoker's Bill of Rights

In January, 1974, the United States National Interagency Council of Smoking and Health signed and adopted a Nonsmoker's Bill of Rights. The bill declared three basic rights:

1. *The Right to Breathe Clean Air.*
Nonsmokers have the right to breathe clean air, free from harmful and irritating tobacco smoke.

2. *The Right to Speak Out.*
Nonsmokers have the right to express firmly but politely their discomfort and adverse reaction to tobacco smoke.

3. *The Right to Act.*
Nonsmokers have the right to take action through legislative channels, social pressures or any other legitimate means —as individuals or in groups —to prevent or discourage smokers from polluting the atmosphere and to seek the restriction of smoking in public places.

Here's what nonsmokers can do:

1. Let your family, friends, co-workers and strangers know you mind if they smoke.

2. Request seating in "non-smoking" sections when you travel.

3. Support legislation to restrict smoking or set up smoke-free areas in public places.

4. Ask your doctor and dentist to restrict smoking in their waiting rooms; and work to establish nonsmoking regulations in all health care facilities.

The American Lung Association has many informative leaflets that can give you more facts concerning:
Air pollution
Asthma
Tuberculosis
Pneumonia
Hay fever
Chronic cough
Shortness of breath
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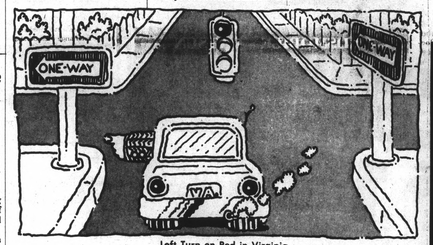
One man has estimated that if you were to build a computor that would equal the capacity of the human brain, that it would take the Empire State building to house it, all the electricity of Niagra Falls to power it, and all the water of Niagra to cool it.

We stand in awe of today's electronic wizardry, and yet cradled securely within our own cranial cavity is a living computor so complex that its workings are beyond comprehension. The human brain is the most complicated mechanism we know.

Consider your mind as the capital of your body. Your nervous system is like a complex telegraph network, constantly relaying messages at high speed. The individual cells need only 1/1,000 of a second to rest before handling another signal, so these nerve messages or nerve impulses can zip along though the body at speeds of nearly 200 miles per hour! And that's important when you have just touched your thumb to a hot griddle. The heat sensors in your thumb get the message, and reflex action causes you to remove your hand from the danger zone.

But consider now something a little more complicated; the lightning fast calculations the brain must make to return a single ball in a tennis game: it must calculate the probable point of impact, the intensity of the bounce, its future position in space, and the distance one must cover to make connection. It then goes through a similar complicated set of calculations to know at what angle to connect with the ball, how much force to put behind the racket in order to take advantage of the elasticity of the ball, and its flight in the air to hit the court in the most difficult spot for the opponent to return. And add to that the fact that at the same time all this is happening the brain is also controling the dialation of the pupils of the eyes so that just the right amount of light enters, the heart is kept beating at a rate to supply just the right amount of blood to the muscles, etc., etc.

Few realize how intimately connected the brain is with the body. What affects one has a reaction on the other, and vise versa. Any program of good health must involve the brain, with its thoughts, and emotions, and reactions, upon the body. For today it is understood that family pres-



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